



Bad start continues: Volleyball falls to Iowa State in Ames, drops to 1-3 in Big 12

Fall is in the air: Seasonal superfoods and pumpkin-flavored everything

Break it on down Questions about Obamacare? The Money section answers them

"columbinus" emotionally powerful on, off stage

Charlie King-Hagen

Starting tonight the K-State Theatre Department will open its 2013-14 season with "columbinus," a play that portrays a fictional account of the mass shooting that occurred at Columbine High School nearly 14 years ago.

The performance will show at 7:30 p.m. Oct. 10-12 and 17-19 and 2:30 p.m. Oct. 20 in Mark A. Chapman Theatre, formerly known as Nichols Theatre. Written by P.J. Paparelli and Stephen Karam, the play is based on the events that took place when students Eric Harris and Dylan Klebold opened fire in Columbine High School in Columbine, Colo., killing 13 and injuring 21 more before ultimately taking their own lives.

"This is a piece of theatre that you don't often see at K-State," said Hannah Miller, junior in theatre performance and a "columbinus" cast member. "It holds social relevance and it is easy to identify with, especially to students who were in high school not all that long ago."

The process of selecting "columbinus" began in December 2012, when K-State's theatre faculty was crafting together the 2013-14 season play list.

"On Dec. 14, the Sandy Hook Elementary School Shooting in Newtown, Conn. occurred," said Jennifer Vellenga, assistant professor of theatre and director of the play. "I immediately started searching for a play on school shootings."

Vellenga said that very quickly she found "columbinus," which had received excellent feedback following its 2008 premiere in Chicago.

"I was very moved by the play when I read it," Vellenga said. "I thought stylistically it was very creative and something I would enjoy directing."

However, there was hesitation to bring "columbinus" to the K-State campus. Vellenga said she was unsure as to whether or not the meaningful show this season, and I knew I wanted to be involved in any way possible," said Clay Massingill, freshman in theatre and "columbinus" cast member. "I auditioned thinking I would never get in, due to my lack of experience at K-State"

The audition process to set the cast was unique. Those auditioning were interviewed about their

"This is a piece of theater that you don't often see at K-State. It holds social relevance and it is easy to identify with, especially to students who were in high school not all that long ago."

Hannah Miller

junior in theater performance

play would be well attended or if it would have a strong appeal to a college-aged audience. The production was close to being abandoned when Vellenga took the idea to her spring 2013 Fundamentals of Acting class, which consists solely of non-theatre majors

"I asked if they had any interest in seeing a play like this," Vellenga said. "We had a lively conversation and they emphatically agreed we should do it. That conversation sealed the deal for me."

Along with the costume and set designers, Vellenga spent the summer doing research for the play. Auditions were held during the first week of school.

"To me it seemed like the most

personal lives, and the actors who were selected to perform were slated in as characters that were

based around themselves. "The casting was based off of our personal stories about high school and who we were [and] are in real life," Miller said. "Essentially, I am really playing myself being put in situations that I was in during my high school years."

In addition to acting out fictitious scenes that mirror the events of the Columbine massacre, the performers will periodically step out of their characters and into narrating roles, relaying the events of the actual shooting to the audi-

Although they are not portrayed

directly in "columbinus," the actual events that took place during the tragedy had a heavy hand in the formation of the play. One such aspect is that journal entries, writings and interviews made up a large portion of both the script and multiple scenes throughout the

play.
"The 'columbinus' script is written tastefully and with respect to the events that happened," Miller said. "It is cautious in telling the story, but there are moments that may shake you in your seat. That's the reality of it."

Preparation for the roles took quite a toll on the performers, due to the dynamics and the powerful, emotionally exhausting content of the play. In order to combat some of the stress accompanying some of the scenes, the actors went through a "de-rolling" process, which helped them to shake the characters and

the story before leaving rehearsals.

"Preparing for this play requires shifting major mental gears and lots of research, both of which are not pleasant," Massingill said. "Slowly the story and the character creep into everyday life, you begin to make connections all around

Despite some of the challenges that accompany performing in this production, the actors said they firmly believe in the overall message and purpose of the play.

I had never seen any thing like it on stage before," Massingill said. "The performance will be unsettling, but it's not something we can just lock away. In the shortest sense, 'columbinus' is a story worth

Arson suspect appears in court on unrelated charges

Jon Parton staff writer

A gas station robbery led to an arson scheme that took the life of 35-year-old K-State post-doctoral researcher Vasanta Pallem on Feb. 6. Eight months later, four of the five suspects have pled guilty to charges related to their involvement. The fifth suspect, Gavin Hairgrove, appeared at the Riley County courthouse Tuesday for unrelated

Hairgrove, junior in marketing, did not respond to an information request. Barry Disney, senior deputy Riley County attorney, was unavailable for comment after several attempts to reach him. Disney is listed as the prosecutor handling the local

Calls made to his office were redirected to Kathy Carpenter, the county attorney's office manager. Carpenter said Hairgrove just had a status hearing on Tuesday related to an alleged inci-

dent that occurred in August. "He's being charged with battery of a law enforcement official, DUI and possession of depressants," Carpenter

Hairgrove is still awaiting a jury trial in federal court set to begin on Nov. 5, according to federal court documents. He is accused of being an accessory to the arson that killed Pallem. Patrick Scahill admitted to his role in the arson and was sentenced to 30 years in prison as part of a plea deal. Virginia Griese also pled guilty and was sentenced to 20 years for her involvement. Both were ordered to pay \$157,000 for damages caused at the Lee

Crest apartments.

Hairgrove allegedly met and planned the arson with Scahill and Griese, along with Dennis Denzien and Frank Hanson. The group met up to discuss how to create a diversion in order for incriminating evidence to be removed from Scahill's apartment before police could serve a search warrant, according to prosecutors.

Denzien and Hanson had robbed a Dara's Fast Lane earlier that day and were worried about being caught. Hanson later pled guilty to one count of brandishing a firearm during a crime of violence and was sentenced to 42 months in federal prison. Denzien also pled guilty and was sentenced to 20 months.

Pallem, who worked in the department of chemical engineering, lived on the top floor of the apartment building in the complex. She was unable to exit the building and died after being overcome by smoke inhalation. An autopsy later determined the carbon monoxide saturation in her body was more than 50 percent.

the arson caused extensive damage to the building.
"We had to replace all the carpets," Lee said. "All the

Don Lee, an owner of the

Lee Crest apartments, said

International Buddies assists with international transistion



Minh Mac | Collegian

Tran Pham, sophomore in mechanical engineering, walks along with her buddy Brianna Chatmon, sophomore in open option, on Oct. 8. The International Buddies program was designed to help bring international students and local students together to learn about each other's cultures and customs.

Maria Betzold

Many international students walk on K-State's campus, but as local Manhattan residents, we might be prone to overlook how many of them there actually are.

International Buddies is a student organization on campus that allows international students to "buddy up"

> bers with one another to learn about each other's lives. Those involved in Interna-

with local K-State students,

staff and community mem-

tional Buddies make a one semester commitment to meet with their buddies once a week for an hour. The program allows students to learn about each other's culture, personality and customs while exploring the Manhattan community.

Ronnie Sullivan, sophomore in agribusiness and president of International Buddies, said weekly meetings are encouraged to make the buddy system effective.

"We encourage buddy pairs to meet weekly so that they can form stronger bonds and gain from the experience even

more," Sullivan said. Sarah Beebe, co-adviser for international programs, said she thinks that International Buddies is a great experience for both local and internation-

"We try at least once a month to have a large, connect type event to bring all the buddies together and let them meet more than just their buddy," Beebe said.

Beebe said that International Buddies plays a critical role in helping K-State achieve one of the many goals of the 2025 Visionary Plan for K-State's future growth and development.

"One of the goals of the 2025 plan is that 100 percent of undergraduate students have a meaningful international experience," Beebe said. "One of the goals of International Buddies is to help K-State meet that goal."

Beebe also said that International Buddies is about personal connection and the experience while on K-State's campus.

"It's a hands-on learning experience," Beebe said. "So

BUDDIES | pg. 5

Speaker relives personal experience with HIV, AIDS

Ellie Holcomb

Joking and smiling in bright green Converse, one might never think there was anything "wrong" with Don Carrel. A K-State alumnus who was diagnosed with HIV in 1986, Carrel spoke to a group of students yesterday about

burst into tears because I thought, I can't commit suicide ... I said a prayer and said, 'God, don't let me die until Matthew [Carrel's youngest son] is out of high

school. Carrel lived free of AIDS symptoms until 1995, which was extremely rare in a time of very little treatment and medication.

"I basically has nothing wrong with me for the first fourteen years I had HIV. Now I have full-blown AIDS."

> **Don Carrel** k-state alumnus

his illness and precautions they could take to avoid the

Carrel was 35 years old when he found out that he had HIV. He traces his infection back to 1981, when he was dating a man whom he believes infected him. He got a call from someone, telling him that his past boyfriend was on his deathbed, dying of AIDS, in 1986. It was at this point that Carrel said he got tested for HIV.

He drove to Topeka where he found the nearest doctor who would test him for what, at the time, was a death sentence. Carrel found that he was positive.

'He said, 'I suggest you get your affairs together," Carrel said. "My initial reaction was ... I was doing about 140 miles per hour down the highway, headed for the ditch. I basically

"I basically had nothing wrong with me for the first 14 years I had HIV," Carrel said. "[Now] I have fullblown AIDS.

In 1995, Carrel was hospitalized with an opportunistic infection. He weighed 119 pounds and his T cell count was zero. It was at this point that Carrel was diagnosed with AIDS. It was also at this point that he first dreamed of telling teenagers about the dangers of, and how to avoid, HIV and AIDS.

Carrel talked in depth about two friends he had in Manhattan who were HIV positive. Dennis Howard, a former K-State professor, was described as Carrel's best friend. Howard's plan, once HIV positive, was to commit suicide when the

AIDS | pg. 5

TRIAL | pg. 5



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the FOURUM

> The Fourum is a quirky view of campus life in voices from the K-State community. Positive and humorous comments are selected for publication by the Collegian marketing staff.

Come on, guys. Quit leaving out the cryptoquips.

Like and vote for your favorite posts at thefourum.kstatecollegian.com!

About the whole "we have enough parking thing" last week, does the guy even have to park like the rest of us or does he have his own special spot?

Listening to some people in Hale makes me want to Rage Quit...

There is a bat flying around Seaton. Enter at your own risk.

thursday, october 10, 2013

Editor's note: To submit your Fourum contribution, call or text 785-260-0207 or email the four um@kstatecollegian. com. Your e-mail address or phone number is logged but not published.

For the Win | By Parker Wilhelm

CASE STUDY: Effects of Music on Study Habits

Americana and folk-infused music provided calming effects that lowered the test subject's heart rate and



The pulsation of bass and synthetic rhythms of electronic music allowed the subject to undergo periods of extreme focus resulting from a theorized blend of audio hypnosis and adrenaline release.



subject remain inconclusive. CONSUME THE DATA THROUG THE RAW POWER OF OSMOSIS! THE SPIRIT OF PIO HIMSELF COMMANDS IT!

Results from the heavy metal

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CORRECTIONS

If you see something that should be corrected or clarified, call managing editor Mike Stanton at 785-532-6556 or email news@ kstatecollegian.com.



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All weather information courtesy of the National Weather Service. For up-to-date forecasts, visit nws.noaa.gov.

THE BLOTTER ARREST REPORTS

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Tuesday, Oct. 8

Gene Derrick McCarty, of the 3000 block of Brookville Drive, was booked for exceeding maximum speed limits, fleeing or attempting to elude, criminal trespassing and criminal damage to property. Bond was set at \$1,500.

Elizabeth **Hoover**, of the 2000 block of Shirley Lane, was booked for failure to appear. Bond was set at \$256.

Mingdi Li, of the 900 block of Bluemont Avenue, was booked for failure to appear. Bond was set at

Dennis Eugene Watts Jr., of Riverpond Road, was booked for burglary - not a dwelling, identity theft, criminal use of a financial card, theft by deception and failure to appear. Bond was set at

53

Naterra Monek Bailey, of the 1800 block of Cassell Road, was booked for failure to appear. Bond was set at

Wednesday, Oct. 9

Nicole Danielle Harris, of the 1000 block of Pierre Street, was booked for driving under the influence. Bond was set at \$750.

Leandre **Terrence** Carthen, of the 2200 block of College Avenue, was booked for driving with a canceled, suspended or revoked license. Bond was set at \$750.

got memories?

we do

Doctoral defenses and dissertations

The Graduate School announces the final doctoral dissertation of Leopoldo Arturo Pacheco, titled, "Nutritional and Range Management Practices for Breeding Beef Females." It will be held Oct. 21 at 10:00 a.m. in 206 Call Hall. The Graduate School announces the final doctoral dissertation of Leidy Eugenia Pena Duque, titled, "Acid-Function-

alized Nanoparticles for Biomass Dydrolysis." It will be held Nov. 5 at 3:00 p.m. in 133 Seaton Hall. The Graduate School announces the final doctoral dissertation of Sheng Yi, titled, "Transforming Growth Factor Beta 1 Modulates Electrophysiological Parameters of Vas Deferens Epithelial Cells." It will be held Nov. 8 at 9:00 a.m. in 235 Coles Hall.



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Opcoming snows.	
Granger Smith	10/18
Paramount - 80s Rock Cover	10/25
Samantha Fish - Blues	11/1
Love and Theft	11/13

Randy Rogers Band......11/15 Aaron Lewis.....11/21 Almost Kiss - Kiss Cover...12/6

Clowney in the right for taking precautionary injury measures



Jadeveon Clowney has been one of the biggest names in

college football since arriving on the scene at South Carolina as a highly touted freshman. All summer, we heard the now-junior's name in Heisman conversations, and many believed that this would be the year that we finally saw a defensive player win the highly coveted award. However, Clowney might not be living up to the expectations set for him so far this season.

Last week, shortly before the Gamecocks were set to take on the Kentucky Wildcats, Clowney complained to his coaches about an injury and decided to hold himself out of the game. Many speculate that this was a selfish act on Clowney's part and that he should have played.

Similar to quarterback Johnny Manziel at Texas A&M, Clowney, has, in a way, become bigger than the university's football team as a whole. It is not something that anyone will admit, but when the star player is bigger than the team, that tends to be the case. For that reason, I believe that if Clowney ever feels that he is not able to perform at his highest level, he should be able to sit out.

As the projected No. 1 pick in the upcoming NFL Draft,

Clowney puts a lot at stake every time he puts on the pads for the Gamecocks. Fans do not like the idea of a player having say over what he can and cannot do, but in a rare case like Clowney's, he should have the right to sit himself out if he wants.

Head coach Steve Spurrier said this week that he believes the situation last Saturday was handled wrong. This appears to just be a case of Spurrier and his coaching staff believing that Clowney was either faking an injury or overplaying a minor injury.

No coach wants to see a player act like he is above the team, especially when it is a superstar like Clowney. But players of Clowney's caliber should be able to look out for themselves to a certain degree. Originally there were questions as to whether Clowney would even play his junior year because of his projection of being the top pick in the NFL draft. Well, now he is, and he is already seeing minor injuries affecting his performance.

It is clear that Clowney is a physical specimen and a superior football player to anyone who tries to go against him. The only thing left for NFL scouts to evaluate is his behavior off the field. Some may take it as a red flag that he would be willing to sit out of games to protect his health for the NFL, but I think Clowney should not be criticized for think

ing this way. Yes, there will always be arguments about whether or not student athletes should be paid. In the case of Clowney, this is a very valid argument. His name

alone rings higher than that of South Carolina football these days. Clowney is a scholarship athlete, so he owes it to the school that is giving him a free education to play his hardest. But if he feels that he is at risk of injury, he should not be looked down on. The risk outweighs the reward as long as Clowney is still sporting a Gamecocks jersey.

John Zetmeir is a junior in pre-journalism. Please send comments to sports@kstatecollegian.com.

When South Carolina Gamecocks star junior defensive end Jadeveon Clowney voluntarily took



Courtesy Photo South Carolina star defensive end and Heisman Trophy candidate **Jadeveon Clowney** drew controversy by removing himself from the lineup in last Saturday's game against Kentucky.

Clowney shows selfishness, no consideration for Gamecocks



of last Saturday's game against the Kentucky Wildcats, he proved that he is a selfish player who doesn't have a true love for the game of football.

Not only does it hurt the Gamecocks, but it hurts Clowney's draft stock, as NFL teams are now sure to question Clowney's motivation.

According to ESPN, Clowney approached head coach Steve Spurrier and asked to not play because of an injury around his ribs. The doctors had cleared Clowney to play and Spurrier had intended to start him.

"It was just we didn't know he wasn't playing until right before the game, Spurrier said, according to ESPN. "That is always a little frustrating. Usually the trainer or doctor comes and tells you this guy is out, and that did not happen last night. But on the other side, if a player is in pain and can't play, I don't want him to play. None of us do."

Clowney, who is eligible for the NFL draft after this season, clearly has his sights on the NFL and is not focused on his team's success this season.

That's unfair not only to Clowney's coaches and teammates at South Carolina, but to the entire fan base in Columbia, S.C., that has embraced the defensive end into their community. Clowney clearly has no respect for these people, and

Spurrier shouldn't allow this distraction to go on any further.

There's no room in football for players that voluntarily refuse to play. And that's doubly true for Clowney, who's been disappointing this year after garnering Heisman Trophy buzz this offseason.

To date, Clowney has registered just two sacks on the season and 12 tackles through five games.

Clowney told local media after practice on Oct. 8 that he isn't done playing college

"I haven't played my last game yet," Clowney said in the post-practice press con-ference. "I will be back on the field. I just don't know how long it will take to get back but I'm going to be back playing. I'm going to keep doing my thing, keep playing football and moving forward.'

That all sounds like public relations garbage coming from a guy trying to salvage his reputation. If he has any respect for his teammates and his community, he will sit out the rest of the season and give way for someone lower on the depth chart who is willing to lay it all out on the field for his team.

Sean Frye is a senior in electronic journalism. Please send comments to sports@kstatecollegian.

This Week in K-State Sports

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FB: @ Oklahoma State, L 33-29 VB: vs. TCU, W 3-2 XC: @ Rim Rock Invitational Men - 3rd Women - 3rd Rowing: Head of Oklahoma, four boats finish in top 10	-0/2	MGolf: Fire- stone Invita- tional Akron, Ohio	MGolf: Fire- stone Invita- tional Akron, Ohio	VB: @ lowa State, 6:30 p.m.	0 b -	- • • • • • • • • • • • • • • • • • •	FB: vs. Baylor, 2:30 p.m. VB: @ Oklaho- ma, 6:30 p.m. WGolf: Diane Thomason Invi- tational lowa City, Iowa



Culture Shock: From Ningbo to Manhattan

Ellen Ochampaugh staff writer

Moving from Ningbo, China, a city with nearly 8 million residents, to Manhattan, Kan., a city of just over 50,000, was quite the adventure for Jingwen, aka Janice, Lu, senior in marketing.

Lu, who is 23 years old, first moved into Moore Hall five years ago. It took only one semester, however, before she moved into her own apartment. Lu said that many of the Chinese students prefer to live alone so that they can avoid disputes with roommates and not have to deal with being disrupted.

During her first year and a half in the U.S., Lu only took classes that strengthened her English skills. She explained that all foreign exchange students attending K-State are required to prove their English skills

by passing an English language test.
After completing her English requirements, Lu started her coursework for the business administration program. Lu said she decided to come to the U.S. to earn her degree because of the restrictions in China, where after high school students are required to take a placement test.

'If you have a high score, you can attend schools similar to Stanford," Lu said. "If you have a middle score, you can attend schools like K-State. Ĭf you score low, you can attend technical colleges.

While she scored in the middle range, Lu said she wanted a wider variety of degree program options so she decided to attend K-State.

Lu said that there are three major differences in Manhattan compared to life in Ningbo. First, she was shocked by the difference in weather. Ningbo is usually very warm and humid. Here, she said she feels like it is always dry and either very hot or very cold. She said that during her first winter here, her skin was so dry she had to constantly apply lotion to keep her skin from cracking.

The second major difference is the food. Lu said that she likes the food in America a lot, but that it is very sweet compared to food from China. She was surprised by the amount of calories, cheese and sugar that seemed to be included in every meal and snack. After her first year in America, Lu went home to visit her family on summer vacation. Lu said that upon arrival her arrival her mother exclaimed, "Oh my gosh, are you my daughter? You must lose this weight.'

According to Lu, during her first year she gained 20 pounds. She said that she didn't understand it. She felt like she ate significantly more in China than she did during her first year at K-State. Lu attributed her weight gain to sugary snacks and her love for the ice cream, waffles and pancakes at the Derby Dining Center.

The third difference between ıltures is fashion. Lu compared Ningbo to Chicago, New York and Los Angeles, explaining that the fashion in the Shanghai province is much more current. There, it's common to wear a suit on a daily basis. She mentioned that she loves that everyone here is much more relaxed when it comes to style on

'In Ningbo, I would be thought of as a lunatic for wearing sweat pants and a messy bun in my hair to the store," Lu said.

She also mentioned the difference in brand preferences. She prefers higher end brands and more



expensive clothing, and scoffed Lu said she adjusted well to paired based on gender, major and buddy." Brunton said, "She is from when she mentioned her options for finding those brands in Man-

Overall, Lu is the typical K-State student. She studies during the week, socializes during the weekends and shares the same struggles with group projects and multiple papers due on the same day. This is her fifth year attending K-State and she said she could not be more excited to graduate in May. Although Lu has had quite the adjustment period coming to K-State, she said she feels like it was the best decision she has ever made.

Manhattan and K-State due to her outgoing personality and willingness to meet new people. However, if a student is seeking help with the transition, the International Buddies program is a possible option. program pairs an American student, staff or community member with a foreign student.

"The buddies typically get coffee, cook meals, attend sporting events and participate in campus activities together," Sarah Beebe, an administrative assistant in the study

abroad office, said. Beebe said that "buddies" are language preferences. Many buddies get together to participate in the monthly events the program hosts. The next event will take place in the Union Ballroom on Nov. 1.

"The event is called Carpe Diem, there will be performers, a caricature artist, foods and prizes," Beebe

Molly Brunton, senior in nutrition and program participant, said that while the International Buddies program helps foreign students, it is just as beneficial to

American students. "I love hanging out with my Ecuador, we get together each week and have lunch. She doesn't have a car so I drive her to the cafeteria. She also helps me with my Spanish homework.

Brunton explained that Mercedes, her Ecuadorian buddy, has really opened her eyes to a whole new culture.

"She walks everywhere, she doesn't have a car and she doesn't live very close to campus, but she insists on walking for the exercise," Brunton said. "Many American students would never walk that

K-State participates in KDA preparedness exercise

Emily Grotenhuis

"Be prepared" is advice the Kansas Department of Agriculture is making sure to follow this week. K-State will be participating in the department's emergency preparedness exercise that started yesterday and ends today.

"This exercise will give the state of Kansas an opportunity to practice our response to an outbreak of a foreign animal disease," said Mary Soukup, director of communications for the KDA.

The focus of the two-day functional exercise is Foot and Mouth disease, also known as Hoof and Mouth disease in livestock. This virus causes a high fever and

blisters inside the mouth and on the feet of cattle. The blisters can rupture, resulting in lameness. The virus can be spread through contaminated farm equipment or clothing,

as well as between cattle. "We learned about this disease in one of my classes," Rachel Black, junior in animal science and industry, said. "It only affects the animal for a few days but can spread very rapidly through the herd of [cattle] making the whole farm infected."

People are not medically affected by this infection, but prevention of this disease is important to manage due to the size of its effects on the livestock industry and the numerous amount of people

"FMD is not a food safety or public health concern, but it would be potentially devastating to the state's livestock industry and also to the entire Kansas economy," Soukup

Soukup said the department will be using K-State's Biosecurity Research Institute to practice the state's foreign animal disease plan. With the updated response plan, the first day of the exercise gave the opportunity to practice in real time, beginning with a call to the Kansas Animal Health Commissioner Dr. Bill Brown, alerting him of the outbreak. Yesterday, the department practiced what day three of a real response would be like.

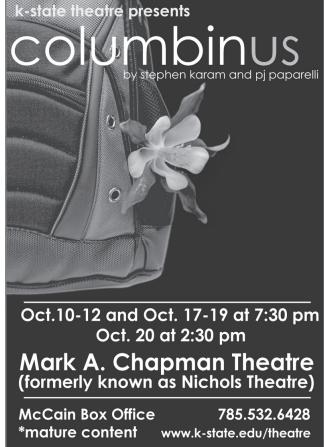
Five College of Agriculture

students interning with the Kansas Department of Agriculture are participating in the exercise. These students, Soukup said, will "play an integral role in the exercise."

Kansas Secretary of Agriculture Dale Rodman said that this emergency preparedness test is important to the KDA. The exercise will provide valuable preparation experience for the agency and all stakeholders, as well as identify gaps in the response

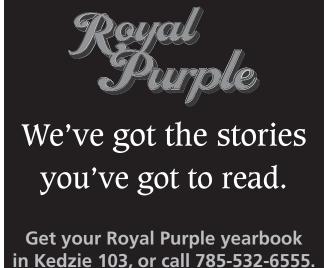
Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.





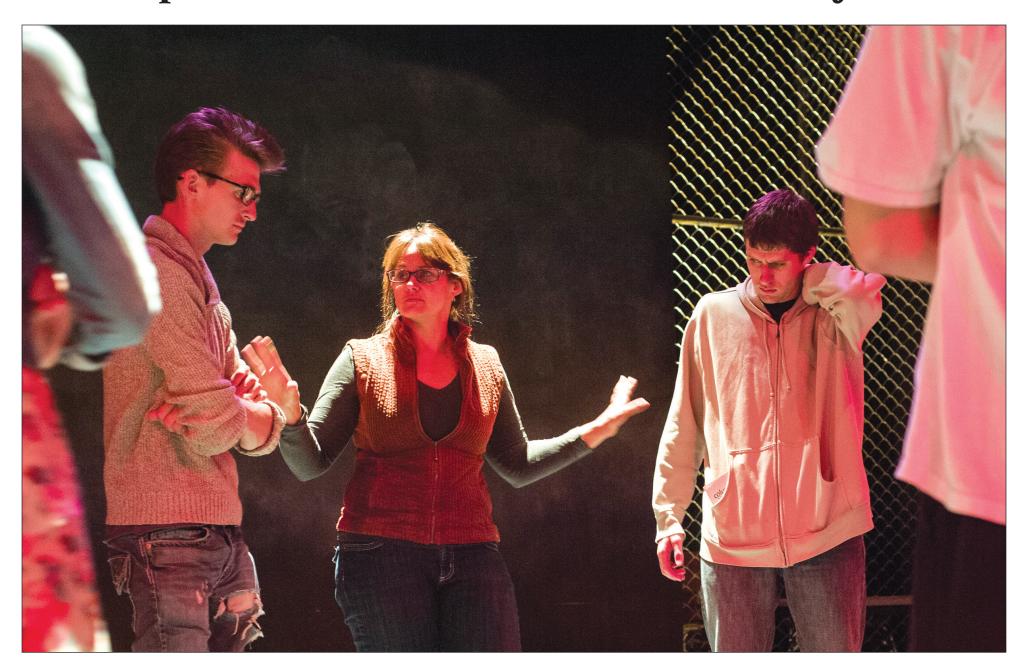
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Development of "columbinus" emotionally intense



Emily DeShazer | Collegian

Above: From left, Clay Massingill, freshman in theatre, and David Burdett, junior in theatre, listen to their director Jennifer Vellenga as she tells them to keep the emotion out of the lines as they go over a couple things after the dress rehearsal on Tuesday. The two men were rehearsing lines after putting on their normal clothes, so they had to be careful to separate themselves from the characters they play.

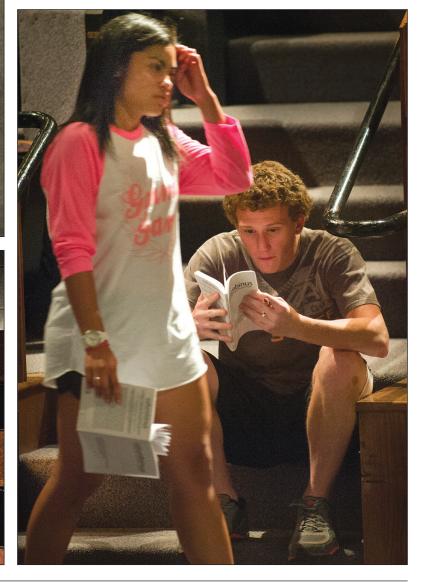
Left: Massingill holds his script as he watches a scene on stage on Sept. 23 in Mark A. Chapman Theatre.

Below left: Burdett leans back as the cast rehearses their lines on Oct. 1. Switching between their character and themselves can prove exhausting.

Below: Nicole Casonhua, freshman in theatre, and **Joshua Turay**, senior in philosophy, practice their lines in Mark A. Chapman Theatre on Sept. 23. Eight cast members spent 12-20 hours a week rehearsing for "columbinus."







BUDDIES | Lifelong friendships

Continued from page 1

rather than just being told by a professor in a classroom how things are, they get to talk to an individual that's been there, done that and really get to have a personal connection."

Sullivan said he thinks that this campus organization is good for K-State's campus.

"I believe International Buddies affects K-State's campus in a very positive way," Sullivan said. "Last year, I had my first buddy, which was a very fun experience in which I learned a lot about his culture and he learned a lot about mine."

Cidra Husseini, sophomore in architectural engineering and vice president of International Buddies, said that she thinks that International Buddies allows international students to get a feel for the Manhattan area while also making a friend.

"It is providing an international experi-

"It is providing an international experience for all students on campus," Husseini said. "It gives a great chance for both local and international students to have international meaning experiences, along with exploring other cultures, customs and, most importantly, exploring Manhattan and K-State."

Husseini also said she thinks that International Buddies is particularly helpful to international students on K-State's

"International Buddies allows international students to blend in and adjust to the American way of life," Husseini said. "This absolutely makes them feel more comfortable living on campus and between K-State's students."

Husseini said her experience with International Buddies helped her adjust to life in Manhattan when she became a student at K-State.

"I have adjusted to the American life and behavior, and I network greatly with everyone thanks to my experience with International Buddies," Husseini said. "It helped me get over my homesick phase

and live my college life to the fullest."

In agreement with Husseini, Sullivan said that International Buddies plays a critical role in an international student's adjustment to life in Manhattan and at

"A huge part about international students becoming more comfortable living in Manhattan is their confidence in their ability to speak English," Sullivan said. "Buddies allows international students someone to casually converse with and ask grammatical questions in a non-judging environment, which in turn greatly improves their language ability and confidence."

Sullivan also said he thinks his experience taught him about other cultures' cus-

toms as well as made lifelong friendships.
"Being involved in International Buddies has taught me a lot about many different cultures, plus I have made numerous friends," Sullivan said. "Overall, it's a fun organization that really broadens your experience as a college student and provides so many benefits to both you and your buddy."

AIDS | Carrel says prevention easy, assume every date has HIV

Continued from page 1

disease began to progress. His plan, however, didn't work out.

"He got AIDS-related dementia," Carrel said. "There wasn't a hospital in Manhattan, Kan., that would admit anyone with AIDS. When Dennis died, he weighed 98 pounds and he died in a diaper."

Carrel warned his captive audience that, unlike a sudden heart attack, no death he's ever seen from AIDS has been quick or pleasant. Instead, he's seen his friends die slowly and painfully of multiple infections and hospitalizations as they wither away to nothing. Furthermore, Carrel detailed the expenses of a life with AIDS, from the monetary costs of drugs to their slew of side effects, which includes everything from diabetes to diarrhea.

"Prevention ... it's easy," Carrel said. "You should assume every-one you date has HIV. You've got

said. "You should assume everyone you date has HIV. You've got to use a condom."

Carrel also shared handouts with statistics about HIV and

AIDS and sexual exposure. For in-

stance, he shared that on average,

a person who has had four sexual partners has had 15 sexual exposures to diseases.

Carrel left the group with a sobering image of some of his final time with Dennis.

time with Dennis.

"The worst day of my life was the first day I ever changed Dennis' diaper," Carrel said.

"Every time I talk to a group, I pray none of them ever get HIV. I say, 'I hope no one ever has to change their friend's diaper."

The students in attendance said they felt that Carrel broke down barriers talking about a stigmatized issue.

matized issue.

"[I mainly got] information,"
Caren Chellgren, third-year student in veterinary medicine, said.
"Especially with this kind of topic, this clears up any questions. It's cuch a hard topic to talk about."

such a hard topic to talk about."

Also in attendance were some old friends of Carrel's. One, Kevin Stilley, is another HIV positive man who knew Carrel back in the 1970s. He also spoke briefly about

the effects of the disease.
"I've slowed down a lot," Stilley said. "But part of that might just be age."

TRIAL | 15 minutes to put out fire

Continued from page 1

sheet rock had to be removed."

More importantly, a number of people were adversely affected by the fire, according to Lee.

"A lot of people moved out," Lee said. "We lost a majority of our residents because of that. For those tenants who stayed, we put them up in hotels."

Ryan Almes, deputy chief of the Manhattan Fire Department, said the fire was put out about 15 minutes after firefighters arrived at the scene.

"Most of the fire was contained to the bottom floor hallway, but there was a lot of smoke," Almes said. "The thing that really jumps

said. The thing that reany jumps out is that it was an arson."

Pallem entered the U.S. in 2000 to obtain a master's degree in chemical engineering, according to WIBW. Lee expressed his remorse over the situation, noting the suffer-

ing Pallem's family went through.
"It was flawed thinking in the beginning," Lee said. "It was an amazingly stupid thing. You can always fix a building. You can't fix it when someone dies."

7,000 people join Fort Riley in Fall Apple Day Festival celebration



Photos courtesy of Fort Riley Public Affairs Office

A busy Artillery Parade Field filled with the sweet smell of apple pies and the roar of machine guns were among the sights, scents and sounds at the 1st Infantry Division and Fort Riley's Fall Apple Day Festival that took place from 9 a.m. to 3 p.m. on Oct. 5. The free event, a tradition at the installation since the 1980s, is always celebrated in the fall and is one of the largest events hosted annually at Fort Riley. The post saw about 7,000 people enjoy Saturday's festival. The festival included historical reenactments, static vehicle and aircraft displays, demonstrations by military working dogs, Commanding General's Mounted Color Guard demonstrations, a treasure hunt, petting zoo, obstacle course and more. Unit Family readiness groups sold food and beverages, and the Historical and Archaeological Society of Fort Riley sold its famous apple pies. An expo tent and a wellness tent rounded out the event's activities along with a musical performances on a stage.











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K-State volleyball loses to lowa State, falls to 1-3 in Big 12 conference



Jed Barker | Collegian

K-State senior, defense specialist and libero Tristan McCarty bumps the ball during the match against TCU at Ahearn Field House on Oct. 5. The Wildcats beat the Horned Frogs, winning three out five sets.

David Embers

The K-State volleyball team traveled to Ames, Iowa with intentions of getting their conference season straightened out. Instead, the Wildcats left with even more issues. K-State, now 13-4, was swept by Iowa State and dropped to 1-3 in conference play. Going in, Wildcats head coach Suzie Fritz said she knew that the Cyclones were a good team, but Iowa State proved to be one of the best teams K-State

has faced this season.

K-State played their best during the first set, battling back multiple times to tie the score, and even take the lead late, before eventually losing 26-24. The first set loss seemed to be a tough pill to swallow for the Wildcats, and they never fully recovered. K-State dropped the next two sets 25-19 and 25-18. In both games, the Wildcats were never really in contention and seemed outmatched.

The stats from the contest mirrored the outcome.

In nearly every statistical category Iowa State dominated K-State. The Cyclones finished with 47 team kills, and swung with a team kill percentage of .211. By comparison, the Wildcats finished with only 30 kills and swung only .091.

Going into the match, the Cyclone's serving was a concern for K-State. Iowa State finished with only three aces, and recorded seven service errors. The Wildcats did a good job on serve receive, committing only three errors.

Senior outside hitter Courtney Traxson, who finished with eight kills, led K-State. Redshirt freshman setter Katie Brand added three kills, 25 assists and 11 digs. The Wildcats finished with seven players recording three or more kills, but failed to have any player post double digits. K-State continued to struggle with playing terminally, hitting with minimal errors but not finishing hits with kills. The Wildcats were 50 percent - 37 for 74 - on the evening on side outs, compared to 61

percent by the Cyclones.

Morgan Kuhrt, Mackenzie Bigbee, and Ciara Capezio led Iowa State all evening long. The "three-headed monster' accounted for 30 of the team's 47 kills. Big 12 digs leader Kristen Hahn was at it again, recording a match high of 20 digs. Setter Jenelle Hudson posted a double-double, finishing with 35 assists and 10 digs. Capezio added 12 digs, allowing her to finish with a double-double as well.

The match took only 90 minutes, and was played in

front of nearly 2,700 fans. Hilton Coliseum is notorious for being one of the most difficult sports venues in the Big 12 for road teams to find success, and last night was no different. The win moved Iowa State to 3-1 in the Big 12, and 9-5 on the season.

The Wildcats return home to Manhattan for a quick rest before hitting the road again as they will travel to Norman, Okla., to face the Oklahoma Sooners on Oct. 12.

While the competition has certainly increased as K-State has moved into Big 12 play, it hasn't been the sole reason for the recent string of losses. The Wildcats just aren't playing like they did during the preseason. The defense has held steady throughout, but at times, the offense is totally anemic. Trying to mesh a redshirt freshman setter with seasoned hitters can be a tall task, but the progression seemed well on its way during the preseason nonconference matchups.

Perhaps even more con-cerning is the Wildcats slow decline in hitting percentage. The number of swings has stayed consistent; but quite simply, K-State has failed to convert the swings into

The defense is very good, but not so good that it can keep the Wildcats afloat for the entire match. If K-State wants to turn their season around, the offense has got to find a spark. With such a deep bench and a large group of seniors, the options are there. It will be up to Fritz and associate head coach Jeff Grove to figure out a rotation that will produce points and lessen the load on the defense.

The loss puts a large dent in K-State's dreams of winning a conference title, but a 20 win season and an NCAA tournament birth are still real possibilities. If the Wildcats can get a little momentum, things could turn around in a hurry. After the Oklahoma game, K-State will play four of their next six games at Ahearn

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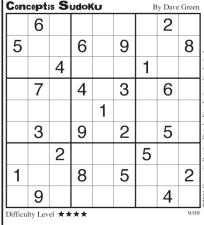
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Homemade pumpkin desserts bring in the season



It's been October for more than a week now, meaning it's officially pumpkin and pumpkin spice everything season. The Internet is crawling with homemade pumpkin flavored dishes ranging from pancakes to cookies, and brownies to salsas. If you love a certain dish, I'm sure there is a pumpkin infused recipe for it somewhere out there. Here are two recipes I tried out, some more difficult than others, that are worth trying for yourself.

Marble Chocolate Pumpkin Brownies

Ingredients: Pumpkin mixture

3 ounces cream cheese, softened 1 tablespoon butter, softened

Chocolate mixture

1 cup canned pumpkin 1 teaspoon vanilla 1/2 teaspoon ground cinnamon 1/4 teaspoon ground ginger 1 tablespoon all-purpose flour

1 1/4 cups all-purpose flour 3/4 teaspoon baking powder 1/2 teaspoon salt

3/4 cup unsweetened chocolate, chopped

3/4 cup butter, cut up 2 1/4 cups sugar 4 eggs

1/4 cup milk 2 teaspoons vanilla

Preheat oven to 325 degrees. Grease or spray a 13 inch by 9 inch by 2 inch pan.

In a large bowl, mix the cream cheese, butter, 1/2 cup of sugar, 1 egg, pumpkin, vanilla, cinnamon, ginger and 1 tablespoon of flour. Mix all of those ingredients together until smooth. Both the butter and the cream cheese should be very soft before mixing together.

In another large bowl, mix the 1 1/4 cups flour, baking powder, salt, unsweetened chocolate, 3/4 cup butter, sugar, milk and vanilla. Mix all ingredients together until smooth. Pour this mixture into the previously prepared pan. Then, scatter the pumpkin mixture throughout the chocolate mixture. Swirl the two mixtures in the pan with a butter knife. Bake for about 60 minutes or until fully cooked.

This recipe was one of a kind. As someone who doesn't usually like things that are infused with pumpkin flavors, I actually enjoyed this recipe. The slight taste of ginger and cinnamon bring the baked good flavoring together. The homemade brownie mix is one of a kind. Nothing is overpowering. This is quite a decadent recipe. Be prepared to essentially have a cake pan worth of pumpkin flavored brownies – that's quite a bit of pumpkin flavored desserts. They are good and highly worth the amount of prep time it takes to make.

Pumpkin Cookies Cups **★★★☆**

Ingredients:

2 cups all purpose flour

1 1/2 teaspoons baking powder 1/4 teaspoon ground nutmeg

1/2 teaspoon salt 1/2 cup unsalted butter, softened

1 cup sugar 1 egg 2 tablespoons milk

Pumpkin Filling

3-ounces cream cheese, softened

1/3 cup pumpkin puree 3 3/4 cup confectioners' sugar

1 1/2 teaspoons cinnamon

1/4 teaspoon ground nutmeg 1/4 teaspoon ground ginger

Preheat oven to 400 degrees. Line mini-muffin pans with liners. Set aside.

In a large bowl, mix all of the ingredients for the cookie cups. You can use a mixing bowl, a hand mixer or combine by hand. No matter how you mix it, be sure all of the ingredients are thoroughly combined. Once fully mixed, fill the mini-muffin lined cups about three-fourths full. Bake in the oven for eight to 10 minutes or until the edges look golden brown.

While those are baking, combine all of the ingredients for the pumpkin filling in a medium to large mixing bowl. Stir together until smooth. This may be difficult with the cream cheese, even if softened.

Once the cookies are done baking, remove from the oven. Use the back side of a tablespoon measuring spoon to press within the cookies to make room for the filling. Let cool for about five minutes and transfer over to a cooling rack. Repeat this process until all of the cookie batter has been used.

When the cookies have cooled completely, place just enough filling in the cookie cups to fill in the dip you already made. Then, they are ready to eat.

This recipe, even though it seems slightly technical, is more than worth it. The pumpkin cream cheese filling is one of a kind. It's a completely different taste compared to the pumpkin brownies. This recipe yields dozens of bitesized, vanilla and pumpkin flavored morsels. The homemade cookie recipe was significantly easier than others I have made from scratch. The one difficulty I had was making the filling look presentable. Presentation is key for desserts.

I was incredibly impressed with this recipe. It was subtle, but brought a new alternative for homemade fall desserts. I would recommend this recipe for anyone who wants a subtle pumpkin flavor, vet something sweet to snack on.

Jakki Thompson is a junior in journalism and mass communications and American Ethnic Studies. Please send all comments to edge@kstatecolle-

Apples, squash, sweet potatoes among various seasonal superfoods

Ellen Ochampaugh contributing writer

Why is it important to eat fruits and vegetables? Are they really that beneficial? Is it worth the extra expense? These might be some of the thoughts you have when planning your meals.

College students typically live on a budget and often times, eating healthy can be pricey. With the popularity of sites like Pinterest, which is often used for recipe sharing and the public's obsession with being healthy and fit, college students are definitely taking a more hands on approach to stay healthy these

According to an article by the editors of health.com published by ABC News on Sept. 7, 2013, apples, cauliflower, pumpkins, squash, pears and sweet potatoes are all fall "superfoods."

"Superfoods' is just a fancy word that helps create appeal for fruits and vegetables," Molly Brunton, senior in nutrition,

Apples are full of antioxidants and there are four grams of fiber in each serving. Pears are a good source of vitamin C and copper. Squash offers omega-3 fatty acids and vitamin A. Pumpkins are another great source of fiber and are full of potassium. Sweet potatoes offer a substantial amount of vitamin A, iron and anti-inflammatory benefits.

Brunton said she is amazed by the way the media is glorifying foods that have been eaten for hundreds of years.

"People have to be convinced to eat fruits and vegetables,"

Brunton said. "They have been eating crap for so long, they have forgotten the importance of eating healthy."

Brunton said it is important to eat many fruits and vegetables every day. Though some produce is labeled as "superfood," that does not mean that other fruits and vegetables are not just as beneficial to the human body.

time as an opportunity to gain the necessary nutrients my body needs to survive," Brunton said. Katie Slavin, senior in ath-

"I like to look at each meal

similar belief to Brunton when it comes to eating nutritious "I like to be healthy," Slavin said. "I want to have a long life

letic training, said she shares a

without having to worry about getting crazy diseases."

Slavin recently made a 'potato bake" casserole dish, similar to scalloped potatoes but with a veggie twist, with her roommates. The potato bake had squash, potatoes, zucchini, cheese and garlic. During the colder months, Slavin said she enjoys making soups with pumpkins, squash and chick-

Even though eating healthy can be expensive, college students should be more willing to spend extra money in the produce aisle. Slavin said money or a budget is not a factor for her when grocery shopping for healthy produce.

"I don't budget myself on food, even though I probably should," Slavin said. "Healthy food is expensive, but I get what I need to be healthy. I only have one body, so I am willing to spend more to keep myself healthy."

During the fall, apples, pears, pumpkins, squash and sweet potatoes are in season. A great place to purchase fresh, local produce is the Eastside Market ocated at 219 E. Poyntz Ave. Eastside Market employees

from winter 2012, and Megan McHaney, sophomore in geography, both said they love eating the store's produce. "If you eat the right foods, you

Andrew Conell, a K-State alum

are going to feel overall better," McHaney said she eats a lot of fruits and vegetables, and enjoys making cauliflower mash

in the fall. The dish is similar to

mashed potatoes but instead of potatoes, she uses cauliflower.

"I eat a sweet potato every night," McHaney said. "I bake it like a normal baked potato then add toppings like turkey bacon bits, onions and mushrooms. Even though it can be expen-

sive, it is important to eat a balanced and nutritious diet. It is easy to try a new recipe or add some vegetables to an old favorite recipe. The next time you are grocery shopping, consider trying something new in the produce aisle. Chances are, you won't regret it.

Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.



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